

(Breakthrough, Fall 1987)

## **BIRTH, DEATH, AND THE MAGIC IN BETWEEN**

*by Robert Medrala*

*(Discussion from the Fifth Annual Professional Seminar)*

*Robert Medrala, whose varied background is in graphics, computers, Neurolinguistic Programming, and hypnosis, drew on all of that experience in his presentation.*

Robert began by saying the old philosophies upon which many of us build our lives are based on old models and are limited. And since a philosophy is, in essence, only a theory, we have every reason to create a new, more flexible, open-ended, goal-oriented philosophy.

For this new model, Robert suggested we start logically at birth and make some basic assumptions: We're born with a blank slate, we can write our own script, yet we're influenced by our experiences and external factors. Two basic patterns in our lives are growth (you're either growing, progressing and expanding, or contracting and dying) and balance (which we constantly strive for; yet moments of true balance are rare). We start with some basic fears, which are necessary for survival, but we tend to create additional fears, such as a fear of growth and change and the responsibility that comes with learning. Fear of the unknown causes us to erect walls and boundaries that limit us.

Robert said magicians of the past, be they shamans, alchemists, or priests, had an external and internal world view that explained the unknown. They tried to communicate their views to people through ritual and story-telling, and to hold people's attention with the illusions of magic. We can still learn from the old models. Illusion (a good magic trick) teaches us that although our experience is perceived through the senses, our perception is not always accurate. Yet inaccurate, or even fabricated, perceptions are "real" to us. And our belief systems usually determine what and how we perceive. The implication is that if we can change our belief systems and/or our perceptions, we can change our personal experience—present, past and future.

In this modern age, Robert said, we all have access to the most powerful computer known—the human brain. And like any computer, it can be re-programed. Our life experience is the raw data, and our belief systems constitute the program. The program only accepts that data which is compatible with the program. You can't erase or change the past (data), but you can re-program your view of the past. And re-programming in the present can alter your future.

Robert said to manifest in the future, you first have to have a dream of how you'd like the future to be. You have to know what you want to get what you want. To manifest something,

you must create it first in your mind (visualize it, feel it, etc.). The only limit to your future is the limit of your imagination... and of course your belief systems (program).

To change your program, it helps to know what it is at present. Robert suggests going through these four steps: (1) Write out the five most important and valuable things in your life. (2) List three things you would fight to the death for. (3) Write down how you would conduct your life if you suddenly won the lottery and money was no longer a concern to you. (4) Write three things you would want to accomplish if you had one year to live.

In this fast-paced, high-tech world, most of us don't have the time to spend years of contemplation and meditation to effectively re-program ourselves. But fortunately, there are new, high-tech tools such as Hemi-Sync® that make re-programing and creating positive changes in life easy. In conclusion, Robert said we are on the verge of a new human frontier, and while a tool like Hemi-Sync gives us more opportunity than ever to take responsibility for creating our own reality, it's up to us to use it.

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